

mOthertongue

Volume 3 Spring

Article 16

Spring 1996

?No lo haga desea que tengas un despuesde-comida mentita? / Don't You Wish You Had An After Dinner Mint?

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Recommended Citation

Wachtel, Natanya (1996) "?No lo haga desea que tengas un despuesde- comida mentita? / Don't You Wish You Had An After Dinner Mint?," *mOthertongue*: Vol. 3 , Article 16.

Available at: <https://scholarworks.umass.edu/mot/vol3/iss1/16>

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Don't You Wish You Had An After Dinner Mint?

Ten chocolate chip cookies,
angel hair pasta in alfredo sauce,
white wine,
coffee,
chicken breast,
strawberry cheesecake-
swirling around the bowl.

Some remnants of the binge
clinging to the corners of your mouth
and saliva hanging in strands from your
chin.

Flush the toilet and make it all disappear.
You're wishing that you had some gum-
or something.

Stand up.

Stand up and go back to the table
I know your body feels marbled
but if you don't get up they'll come looking
for you-
and then they'll know what you've done.

Ok now-get up and look in the mirror,
what do you see?

A big fat lie. A big, fat, ugly liar.

Rinse out your mouth
and splash some cool water on your face.
There-now you look almost perfect.

Almost.

Your pants are still too tight for you
and your stomach doesn't stay flat when you
sit

and there's hardly any space
between your thighs when you walk.

Tomorrow you can buy some laxatives
to give your epiglottis a break.

OK?

So go back to the table-
smile-

and don't breathe on anyone
until you take a sip of wine.

No lo haga desea que tengas un después-de-comida mentita?

Diez galletas de chocolate
Pasta de los cabellos del angel en
salsa del alfredo
Vino blanco
Café
Pechuga de pollo
Torta de fresa
Arremolinando alrededor del cuenco.
Unos remanentes del binge
Pegados las esquinas de su boca
Y saliva
Colgando en cuerdos de su barbilla.

Rojo el retrete
Ya hagalo todo desaparecer.
Desea que tenga un chicle
O algo.
Levantate.
Levantate y vuelves a la mesa.
Sé que tu cuerpo se siente como piedra
pero si no te subes,
Vendran, a buscarte
Y entonces sabran
Que has hecho.
Ok, Levantate y mirate
en el espejo,
?Que ves?
Una gorda, fea, mentirosa.
Enjuague su boca
Y salpiques a su cara con agua fresca

Allí-ahora parece casi perfecto.
Casi.
Tu pantalones todavia es demasiado
apretado para ti.
Y tu estomago no queda firme
cuando sientas
Y apenas hay espacio
Entre tus muslos cuando caminas.
Mañana
Puedes comprar unos laxantes
Darle un descanso a tu epiglotis.
OK?
Así vuelva a la mesa
Sonríe-
Y no respire a nadie
Hasta que toma un sorbo de vino.

Natanya Wachtel